







| Week 1 | | | | | | | |
|--------|---|--|--|---|---|---|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | Cardiology Ch. 1 + 2 Embryology and Anatomy | Reproduction Ch. 1 Fetal Development | Neurology Ch. 4 + 5 + 6 Descending Tracts, Brainstem Anatomy, Cerebral Cortex | Biochemistry Ch. 3 Connective Tissue Disease | Cardiology Ch. 7 + 8 Vasodilation and Vasoconstriction, Pressure Flow Physiology | Gastroenterology Ch. 1 Embryology | Microbiology Ch. 2 Bacterial Genetics |
| | Cardiology Ch. 3 + 4 Vascular System and Cardiac Parameters | | Neurology Ch. 7 + 8 + 9 Radiculopathy, Spinal Cord Syndromes | Hematology/Oncology Ch. 2 Blood Cells | Cardiology Ch. 9 Cardiac Cycle | Musculoskeletal/Rheumatology Ch. 1 Skeletal Muscle | Microbiology Ch. 3 Bacterial Toxins |
| | Biochemistry Ch. 1 Cell Biology | Nephrology Ch. 1 + 2 Anatomy & Embryology, Fluid & Filtration | Bites Review | Reproduction Ch.2 Pregnancy | Dermatology Ch. 1 + 2 General Principles and Infectious Diseases of the Skin | Biochemistry Ch. 5 Carbohydrates | Bites Review |
| | Neurology Ch. 1 + 2 + 3 Embryology, Cellular Function and Ascending Tracts | Nephrology Ch. 3 + 4 Nephron Transporters, RAAS | | | | Genetics Ch. 2 DNA Replication | |
| PM | Immunology Ch. 1 + 2 Lymphoid Tissue, Innate Immunity | Bites Review | Biostatistics Ch. 1 Study Designs | Endocrinology Ch. 1 Fundamentals | Microbiology Ch. 1 Fundamentals | Bites Review |  OFF |
| | Genetics Ch. 1 DNA Structure | | Hematology/Oncology Ch. 1 Embryology | Reproduction Ch. 3 Pathology of Pregnancy | Bites Review | | |
| | Cardiology Ch. 5 + 6 Cardiac Function and PV Loops | Pulmonology Ch. 1 Introduction | Biochemistry Ch. 2 Lysosomal Storage Disease | Bites Review | Biochemistry Ch. 4 Energy Production | Pulmonology Ch. 3 Blood Physiology | |
| | Bites Review | Pulmonology Ch. 2 Air | | | | Immunology Ch. 3 Inflammatory Response | |

| Week 2 | | | | | | | |
|--------|---|---|---|---|---|--|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | Microbiology Ch. 4 Staphylococcus | Endocrinology Ch. 2 Hypothalamus | Microbiology Ch. 6 Enterococcus and Bacillus | Bites Review | Genetics Ch. 4 Mitosis and Meiosis | Pulmonology Ch. 4 Lung Pathology Fundamentals | Biostatistics Ch. 4 Diagnostic Tests |
| | Microbiology Ch. 5 Streptococcus | | Nephrology Ch. 5 Electrolytes | Microbiology Ch. 7 Clostridium | Biochemistry Ch. 8 Glycogen | Cardiology Ch. 10 RAAS | Genetics Ch. 5 Lab Techniques |
| | Pharmacology Ch. 1 Pharmacodynamics | Endocrinology Ch. 3 Anterior and Posterior Pituitary | Biochemistry Ch. 7 Oxidative Stress | Musculoskeletal/Rheumatology Ch. 2 Non-Rheumatologic Disease | | Neurology Ch. 12 + 13 Neuromuscular Junction, Cranial Nerves I-VI | Hematology/Oncology Ch. 4 Normocytic Anemias |
| PM | | Biostatistics Ch. 2 Bias/Errors | Genetics Ch. 3 DNA Mutations | | Immunology Ch. 4 + 5 Cytokines, T-cells | 20 Questions from Qbank | |
| | Bites Review | Bites Review | Reproduction Ch. 4 Female Pathology | Bites Review | Biostatistics Ch. 3 Risk Quantification | Biochemistry Ch. 9 Lipid Metabolism |  OFF |
| | | | | | Bites Review | | |
| | Biochemistry Ch. 6 One Carbon Metabolism | Psychiatry Ch. 1 Psychology | Public Health Sciences Ch. 1 Ethics | Psychiatry Ch. 2 Developmental Disorders | Hematology/Oncology Ch. 3 Microcytic Anemias | Bites Review | |
| | Neurology Ch. 10 + 11 Demyelinating Disease, Conduction Physiology | Gastroenterology Ch. 2 Visceral Anatomy | Bites Review | Gastroenterology Ch. 3 Non-visceral Anatomy | Public Health Sciences Ch. 2 Communication | Cardiology Ch. 11 + 12 Exercise and Cardiac Conductive Physiology | |

| Week 3 | | | | | | | |
|--------|--|--|---|--|---|---|---|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | Bites Review | Cardiology Ch. 14 + 15 Atrial and Ventricular Arrhythmias | Microbiology Ch. 8 Mycobacteria | Psychiatry Ch. 3 + 4 + 5 Memory, Dissociation, Orientation Anxiety, Trauma, Stress Disorders, Personality Disorders | Microbiology Ch. 10 Lactose Fermenting Gram Negative Bacilli | Microbiology Ch. 12 Gram Negative Curved Bacilli | Immunology Ch. 8 Complement |
| | Cardiology Ch. 13 Antiarrhythmics | Biostatistics Ch. 5 Statistical Distributions | | Bites Review | Musculoskeletal/ Rheumatology Ch. 6 Vasculitides | Microbiology Ch. 13 Gram Negative Diplococci | Bites Review |
| | Nephrology Ch. 6 Acid-Base Physiology | Immunology Ch. 6 + 7 B-cells, Antibodies | Musculoskeletal/ Rheumatology Ch. 4 Seronegative Spondyloarthritis | Neurology Ch. 16 + 17 Auditory Sensation and Vertigo | | Genetics Ch. 6 Basics of Clinical Genetics | Endocrinology Ch. 4 Thyroid |
| | | Neurology Ch. 14 + 15 Cranial Nerves VII-XII Vision | Pharmacology Ch. 3 Autonomic System | Bites Review | Neurology Ch. 18 + 19 Pediatric and Adult Brain Tumors | Nephrology Ch. 9 Nephritic Syndromes | |
| PM | Gastroenterology Ch. 4 Physiology | 20 Questions from Qbank | | Nephrology Ch. 7 + 8 Pathology Diagnostics, Nephrotic Syndromes | Microbiology Ch. 11 Non-Lactose Fermenting Gram Negative Bacilli | 40 Questions from Qbank |  OFF |
| | Bites Review | Pharmacology Ch. 2 Pharmacokinetics | | Hematology/Oncology Ch. 6 Platelets | | | |
| | Musculoskeletal/ Rheumatology Ch. 3 Rheumatologic Disease | Hematology/Oncology Ch. 5 Macrocytic Anemias | | Musculoskeletal/ Rheumatology Ch. 5 Primary Bone Tumors | Bites Review | Musculoskeletal/ Rheumatology Ch. 7 Spine | |
| | | Bites Review | | Dermatology Ch. 3 Inflammatory Disease | Microbiology Ch. 9 Non-Spore Forming Gram Positive Bacilli | | |


| Week 4 | | | | | | | |
|--------|---|---|---|--|--|--|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | Microbiology Ch. 14 Gram Negative Coccobacilli | Cardiology Ch. 17 Heart Failure | Microbiology Ch. 16 Atypical Bacteria | 20 Questions from Qbank | Cardiology Ch. 19 Aortic Disease | Cardiology Ch. 20 Valvular Disease | Microbiology Ch. 22 Nematodes |
| | Public Health Sciences Ch. 3 Delivering Care | Bites Review | 40 Questions from Qbank | Microbiology Ch. 18 Opportunistic Mycosis | Microbiology Ch. 20 GI Protozoa | Bites Review | |
| | Cardiology Ch. 16 Conduction Block | Biochemistry Ch. 10 Protein Metabolism | | | 20 Questions from Qbank | 20 Questions from Qbank | Musculoskeletal/ Rheumatology Ch. 10 Wrist and Hand |
| | Pulmonology Ch. 6 Restrictive Lung Disease | | Musculoskeletal/ Rheumatology Ch. 9 Shoulder and Elbow | Bites Review | Bites Review | Biochemistry Ch. 11 Porphyrrias | Bites Review |
| PM | Bites Review | | Bites Review | 40 Questions from Qbank | Microbiology Ch. 21 Systemic Protozoa | 40 Questions from Qbank |  OFF |
| | Microbiology Ch. 15 Spirochetes | Hematology/Oncology Ch. 7 Coagulation and Fibrinolysis | Cardiology Ch. 18 Cardiomyopathy | Immunology Ch. 9 Vaccinations | Neurology Ch. 20 + 21 Ischemic CVAs, Aneurysms, and ICH | Gastroenterology Ch. 5 Esophageal and Gastric Pathology | |
| | | Musculoskeletal/ Rheumatology Ch. 8 Brachial Plexus | | Microbiology Ch. 17 Dimorphic Mycosis | Microbiology Ch. 19 Tinea | Neurology Ch. 22 Cerebellum and Ventricles | Cardiology Ch. 21 + 22 Acyanotic and Cyanotic Congenital Heart Defects |

| Week 5 | | | | | | | |
|--------|--|--|--|--|---|--|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | Genetics Ch. 7 High Yield Disorders | Psychiatry Ch. 6 Psychosis and Mood Disorders | Cardiology Ch. 24 Myocardial Infarction | Musculoskeletal/ Rheumatology Ch. 11 Lower Extremity Nerves | Bites Review | Bites Review | Bites Review |
| | Bites Review | Endocrinology Ch. 5 Parathyroids | Microbiology Ch. 26 + 27 Approach/ Basics of Virology | Microbiology Ch. 28 Positive-sense RNA Viruses | Microbiology Ch. 29 Negative-sense RNA Viruses | | Dermatology Ch. 4 + 5 Malignant Skin Disorders, Additional Disorders |
| | Cardiology Ch. 23 Stable Angina | Biochemistry Ch. 12 Vitamins | Immunology Ch. 10 Immunodeficiency Syndromes | | | 20 Questions from Qbank | Musculoskeletal/ Rheumatology Ch. 12 Hip & Knee |
| | Bites Review | | Hematology/Oncology Ch. 8 Oncology and Therapeutics | | | Immunology Ch. 11 Hypersensitivity Syndromes | Endocrinology Ch. 6 Adrenal Glands |
| PM | 40 Questions from Qbank | 40 Questions from Qbank | | | | 40 Questions from Qbank |  OFF |
| | | | Public Health Sciences Ch. 4 Safety | 20 Questions from Qbank | Bites Review | | |
| | Microbiology Ch. 23 Cestodes | Nephrology Ch. 10 Nephrolithiasis | Nephrology Ch. 11 Urinary Incontinence | Cardiology Ch. 25 Peripheral Artery Disease | 20 Questions from Qbank | Hematology/Oncology Ch. 9 Leukemias and Lymphomas | |
| | Microbiology Ch. 24 + 25 Trematodes and Ectoparasites | Gastroenterology Ch. 6 Hepatic Pathology | Public Health Sciences Ch. 5 Practice Questions | Cardiology Ch. 26 Hypertension | Biostatistics Ch. 6 Statistical Testing | | |

| Week 6 | | | | | | | |
|--------|--|--|---|---|--|-------|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | 40 Questions from Qbank | 40 Questions from Qbank | 40 Questions from Qbank | 40 Questions from Qbank | 40 Questions from Qbank | NBME | Pulmonology Ch. 7 Lung Cancer |
| | Cardiology Ch. 27 + 28 Pericardial Disease and Shock | Endocrinology Ch. 7 Pancreas | Microbiology Ch. 32 Cardiorespiratory Infections | Biostatistics Ch. 6 Statistical Testing | Microbiology Ch. 34 Infectious Dermatologic Disease | | Microbiology Ch. 35 Opportunistic Infections |
| | Musculoskeletal/ Rheumatology Ch. 13 Foot & Ankle | | | Bites Review | | | |
| PM | Microbiology Ch. 30 + 31 Double Stranded RNA Viruses, DNA Viruses | Musculoskeletal/ Rheumatology Ch. 14 Childhood MSK | Microbiology Ch. 33 Infectious Neuropathology | Immunology Ch. 12 Transfusion Reactions | Neurology Ch. 25+26 Neurotransmitter Activity in Psychiatric Disease and Dementia | |  OFF |
| | | Bites Review | | Neurology Ch. 23 + 24 Diencephalon and Basal Ganglia | Bites Review | | |
| | | | Bites Review | Bites Review | Nephrology Ch. 12 Kidney Injury | | |
| | Bites Review | Gastroenterology Ch. 7 Pancreatic and Biliary Pathology | Reproduction Ch. 5 Male Pathology | Musculoskeletal/ Rheumatology Ch. 15 Pharmacology | | | |

| Week 7 | | | | | | |
|--------|---|--|---|--|---|--|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| AM | Microbiology Ch. 36 Antibiotics | Immunology Ch. 13 Transplant Rejection | Pulmonology Ch. 8 Lung Pathology Special Topics | Neurology Ch. 27 + 28 Headache and Seizures | Nephrology Ch. 15 Pharmacology | NBME |
| | | Bites Review | Hematology/Oncology Ch. 10 Plasma Cell Dyscrasias | Bites Review | Microbiology Ch. 39 Antivirals | Neurology Ch. 29 Traumatic Brain Injuries |
| | | Nephrology Ch. 14 Cystic Kidney Disease | | Psychiatry Ch. 9 Pharmacology | | 60 Questions from Qbank |
| | | Bites Review | 20 Questions from Qbank | 20 Questions from Qbank | | |
| PM | Psychiatry Ch. 7 Sleep & Psychosomatic Conditions | Psychiatry Ch. 8 Substance Misuse | 40 Questions from Qbank | 80 Questions from Qbank | 20 Questions from Qbank | OFF |
| | Nephrology Ch. 13 Inflammatory Conditions and Malignancy | Microbiology Ch. 37 Antifungals | | | Gastroenterology Ch. 10 Pharmacology | |
| | Gastroenterology Ch. 8 Intestinal Pathology | Microbiology Ch. 38 Antiparasitics | Gastroenterology Ch. 9 Colorectal Pathology | | Bites Review | |
| | 20 Questions from Qbank | 20 Questions from Qbank | 20 Questions from Qbank | | Reproduction Ch. 6 Pharmacology | |

| Week 8 | | | | | | |
|--------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| AM | 80 Questions from Qbank | Bites Review | 40 Questions from Qbank | 80 Questions from Qbank | 80 Questions from Qbank | NBME |
| | | 40 Questions from Qbank | Bites Review | | | 80 Questions from Qbank |
| PM | 80 Questions from Qbank | 80 Questions from Qbank | 80 Questions from Qbank | Bites Review | 40 Questions from Qbank | OFF |
| | | | | 40 Questions from Qbank | Bites Review | |

| Week 9 | | | | | | | |
|--------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------|---|-------------|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM | 80 Questions from Qbank | 40 Questions from Qbank | 40 Questions from Qbank | Bites Review | FULL REVIEW DAY |  REST | STEP 1 EXAM |
| | | Bites Review | Bites Review | 40 Questions from Qbank | | | |
| PM | Bites Review | 80 Questions from Qbank | 80 Questions from Qbank | Bites Review | | | |
| | 40 Questions from Qbank | | | 40 Questions from Qbank | | | |

Legend

Biochemistry

Biostatistics

Dermatology

Endocrinology

Gastroenterology

Genetics

Hematology/Oncology

Cardiology

Immunology

Nephrology

Neurology

Pharmacology

Psychiatry

Public Health Sciences

Pumonology

Reproduction

Microbiology

Musculoskeletal/ Rheumatology

Bites Review

Questions from Qbank